



THE CONNECTION

Calvert County Office on Aging Newsletter

October 2020



From the Division Chief

Fall has arrived and soon our drive on Rt. 4 will be vibrant with the changing colors of the autumn foliage. What a beautiful sight to behold! Although we know times have been difficult for many seniors, we still have much to be thankful for.

This is an important time of year for seniors and for social service staff. Our wonderful social services team is ready to assist you with Medicare Part D Open Enrollment. Please reach out to us for any assistance you may need. Also, our programming staff have a Halloween drive-thru planned and we certainly hope to see you there in costume!

If you live at the southern end of Calvert County, and have a desire to serve the community on behalf of seniors, I hope you will consider serving on the Calvert County Commission on Aging.

I hope you enjoy and benefit from our online newsletter. If we can ever assist you, do not hesitate to reach out to us.

V/R,
Susan Justice

Visit the Virtual Senior Center for New Videos

New videos have been added! See recipe demonstrations and additional



exercise classes on our virtual senior center [here](#). Check back frequently, as many more videos will be posted throughout the month of October!

Opportunity to Serve on Calvert County Commission on Aging

Are you concerned about issues impacting Calvert County seniors? If so, the Commission on Aging has openings for representatives from District 1, the southern district of Calvert County. To learn more about this important advisory group visit the [Commission on Aging webpage](#).

Be an advocate for seniors. Contact Liz Youngblood at the Calvert Pines Senior Center at 410-535-4606 for more information.



Welcome new staff

We would like to welcome Margaret Fowler to the Office on Aging team. Margaret is the new Support Planner for the Home and Community Based Waiver programs. Welcome, Margaret!

Keep an Eye on Events!

Medicare Part D Open Enrollment

Staff will be available to help citizens enroll in Medicare Part D Oct. 15 through Dec. 7. Call the Office on Aging at 410-535-4606 for more information.



Gone Without Me – A Grief Support Program for Spousal Loss

This Calvert Hospice six-week program will focus on learning to live again after the loss of a spouse. Learn coping skills, develop a support system, learn about healthy grieving and factors that make spousal grief unique.

The program will run on Thursdays, Oct. 8 through Nov. 12, 4:30-6 p.m. The group will meet virtually. There will be a \$50 supply fee. Scholarships are available. Register [online](#) or call Trina Goffe at 410-535-0892, ext. 2201.

Veterans, Let's Talk

Normally, these meetings are held at our senior centers. However, groups are meeting virtually! Join other veterans for casual conversation about shared experiences. We are thankful for Calvert Hospice for providing this opportunity for community members.

- Tuesday, Oct. 13, 10:30 a.m.



- Tuesday, Oct. 27, 1 p.m.

Contact Bill Miller prior to meeting dates for Zoom meeting information at bmiller@calverthospice.org.

Grieving Through the Holidays

This is a four-week grief group for anyone who has experienced the loss of a loved one and needs some help facing the approaching holiday season. Meetings will be held virtually via Zoom. The group will meet Nov. 11, 18 and Dec. 2, 9 from 4:30-6 p.m. The cost is \$40 for resource materials (Scholarships are available). Register online [here](#) or contact Trina Goffe at tgoffe@calverthospice.org or 410-535-0892, ext. 2201.

Living Well with Diabetes Virtual Workshop

Join an interactive six-week workshop for adults with Type 2 diabetes or pre-diabetes. The meetings will be held on Tuesdays, Oct. 6 through Nov. 17. Meetings will be held virtually. To register, please call 410-535-5400, ext. 459.



Halloween Event – We Hope to See You!

Although we can't have our Halloween parties in the centers this year, we still look forward to seeing you! Don your favorite costume and best mask for a fall celebration with friends. This drive-thru event will take place right in your local senior center parking lot. Office on Aging staff will greet you with a trick, a treat or maybe both! Don't miss it. We'll be looking for you on Friday, Oct. 30 from 10 a.m. to 11:30 p.m. Rain date: Monday, Nov. 2.



Meal Delivery Assistance

The Calvert County Office on Aging staff and volunteers continue to deliver meals to seniors in need of meal assistance. If a senior is in need, we are here to help. Please contact the Office on Aging at 410-535-4606, ext. 121.



Pictured above are Office on Aging staff members delivering meals to citizens in need through the Meals on Wheels program during the COVID-19 pandemic.

Grandparents Day a Huge Success!

The Office on Aging held a drive-thru at each senior center in honor of grandparents on Sept. 14. We were happy to distribute 148 goody bags as a small token of our appreciation for grandparents and the important role they play in our lives. Thanks to all the grandparents!



Virtual Public Meeting Scheduled for Prince Frederick Town Center Master Plan

The Calvert County Department of Planning & Zoning will hold a virtual public meeting as a continuation of the Prince Frederick Town Center Master Plan update process on Thursday, Oct. 15, 2020, from 7-8 p.m. The meeting will be streamed live on the Calvert County Government website at www.CalvertCountyMd.gov/Meetings and Calvert County Government Facebook page at www.facebook.com/CalvertCountyMd. The meeting will also be broadcast live on Comcast Channel 6 and 1070 HD.

Planning & Zoning staff will provide an overview of the update process, present results from the second Prince Frederick Town Center Master Plan Update Survey and discuss details of the transportation and land use focus areas. For information about the Prince Frederick Master Plan visit www.CalvertCountyMD.gov/TownCenters, email pz@calvertcountymd.gov or call 410-535-1600, ext. 2356.

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